

The Town of Saranac Recreation Program is Providing A New and Exciting Program for YOUR Kids this Summer

**LAST CHANCE TO SIGN UP YOUR KIDS IS JUNE 11 FROM 10-NOON AT THE
SARANAC TOWN PARK**

“Fitness in the Parks”

Monday - Friday every week for five weeks!

**Sign Up your kids(age requirements)today for one or all of the 5 sessions!
Fitness in the Parks programs offered by the Town of Saranac in partnership with
Foundation of CVPH**

**No Experience or Equipment Needed
Introductory Sessions will be held for:**

Hip Hop Dance

Center Stage Instructors

**1st Session 9-10am Ages 6-8 (25 Openings) 2nd Session 10:15-11:15am Ages 9-Up (25 Openings)
Location: Saranac Town Park July 11-15, 2016
Please arrive 15 minutes before session start**

Archery

Three Spot Archery Instructors

**1st Session 6:15-7pm Ages 5-8 (6 Openings) 2nd Session 7:15-8:15pm Ages 9-17 (12 Openings)
July 18-22, 2016
(Sessions will be held at Three Spot Archery located on Rt. 3 Old Banker Orchards Bldg)
Please arrive 15 minutes before session**

Gymnastics/Tumbling

Trudeau Gymnastics Instructors

**1st Session 9-10am Ages 5-7(20 Openings) 2nd Session 10:15-11:15am Ages 8-12 (15 Openings)
Location: Saranac Town Park July 25-29, 2016
Please arrive 15 minutes before session start**

Golf

Plattsburgh Golf Instructors

**1st Session 9-10am Ages 8-11 (10 Openings) 2nd Session 10:15-11:15am Ages 12-17 (10 Openings)
Location: Saranac Town Park August 1-5, 2016
Please arrive 15 minutes before session start**

Karate

DuCote's Family Karate Club Instructors

**1st Session 9-10am Ages 4 -7 (25 Openings) 2nd Session 10-11:00am Ages 8-18 (25 Openings)
Location: Saranac Town Park August 8-12, 2016
Please arrive 15 minutes before session start**

***Grant Funding for this Physical Activity Opportunity
Provided by the New York State Health Foundation***